

**TRANSMITTAL LETTER  
FOR FILING PATENT APPLICATION SPECIFICATION AND DRAWING  
TO OBTAIN FILING DATE**

18351 U.S. PTO

Attn. Applications  
Commissioner of Patents  
PO Box 1450  
Alexandria, VA. 22313-1450

Dear Sir:

Transmitted herewith for filing is the patent application of:

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Inventor: PETER SLOWINSKI  
Filed: Concurrently herewith  
Serial No.  
For: METHOD AND APPARATUS FOR EXERCISING INTERNAL AND  
EXTERNAL OBLIQUE MUSCLES  
Attorney Docket No.: 1066-P-2

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Enclosed are:

- (1) Specification (16 pages including title page; claims & abstract)
- (2) Declaration and Power of Attorney
- (3) Declaration Verifying Small Entity Status
- (4) -----in the amount of \$385.00 -- Basic Filing Fee --
- (5) Two Sheets of Formal Drawings [Fig. 1-3]:


The filing fee has been calculated as shown below:

BASIC FEE	FILED	EXTRA FEE	SMALL ENTITY
\$385.00	SMALL ENTITY		\$ 385.00 [10/03]
Total Claims	2	0	\$ 0.00
Indep. Claims	0	0x 43.00	\$ 0.00
			<u>\$ 385.00</u>

Pursuant to the provisions of 37 C.F.R. §§ 1.10 and 1.53, applicant respectfully requests that this application be assigned a serial number and a filing date of December 2, 2003, the date upon which the application was mailed to the U. S. Patent and Trademark Office by Express Mail No. ER 507 289 617 US.

12/02/03  
Date

Respectfully submitted,

  
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U.S. PTO

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**EXPRESS MAIL CERTIFICATION  
ACCOMPANYING PAPER AND/OR FEE**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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Inventor:	PETER SLOWINSKI
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BOX APPLICATIONS  
Commissioner for Patents  
PO Box 1450  
Alexandria, VA. 22313-1450

"EXPRESS MAIL" mailing label number: ER 507 289 617 US

Date of Deposit: December 2, 2003

I hereby certify that the attached

Transmittal Letter; Patent Application [ 16 pages including title page, specification, claims and abstract]; Declaration Verifying Small Entity Status; Declaration, Petition and Power of Attorney; Two sheets of formal Drawings [Fig. 1-3]; and return postcard; are being deposited with the United States Postal Service "Express Mail Post Office to Addressee" service under 37 CFR 1.10 on the date indicated above and is addressed to "Patent Applications, Commissioner for Patents, PO Box 1450, Alexandria, VA. 22313-1450."

  
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TOD R. NISSLE, Reg. No. 29,241